

Monday

Tuesday

Wednesday

Thursday

Friday



November 2025

Program Calendar—Sussex County

18947 John J Williams Hwy Suite 312
Rehoboth Beach DE 19971

302-645-9150

Types of Programs:

Zoom/FB Live: Program is fully virtual

Hybrid: Program is at another location but you can join virtually

In-Person: Program is happening in-person in Sussex County (will specify if virtual option is also available)

Please visit our website or call 302-645-9150 to register for any programs.

10am Living with Loss (In-person) 3 10:30a Expressive Art (In-person) 1:30pm Navigating Health Insurance & Finances (Zoom & FB Live) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Colorectal Cancer Support Group (Zoom)	4 1:30pm Poetry of Wellness (Zoom) 4pm Oncology Rehab Series (Hybrid - New Castle)	5 8am Walking Warriors (Rehoboth) 11am Tai Chi with Linda (In-person) 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (In-person & Zoom)	6 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 5pm Meditation with Clare (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	7
10 10am Living with Loss (In-person) 5:30pm Coaching Corner (Zoom)	11 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom) 4pm Oncology Rehab Series (Hybrid - New Castle)	12 8am Walking Warriors (Rehoboth) 2p Chair Yoga with Rita (FB Live)	13 10am Welcome Meeting (Zoom) 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 11am The Next Step (In-person) 1:30pm Participant Support Group (In-person/Zoom) 1:30pm Caregiver Support Group (In-person/Zoom) 4pm Sound Meditation with Mary (In-person at Metta Studio) 6pm Spirituality, Uncertainty and Cancer (Zoom) 7pm Young Adult Cancer Support Group (Zoom)	14
17 4:30pm Nutrition with Elena (Zoom & FB Live) 5pm Caregiver Support Group (In-person & Zoom) 6:30pm Prostate Cancer Support Group (Hybrid - New Castle) 7:00pm Welcome Meeting (Zoom)	18 1:30pm Poetry of Wellness (Zoom) 2:30pm GYN Support Group (Zoom)	19 8am Walking Warriors (Rehoboth) 9am Coffee & Conversation: Men's Group (In-person) 11am Tai Chi with Linda (In-person) 12n T'ai Chi Chih with Jessica (FB Live) 5pm The New You (Zoom)	20 10am Chair Yoga with Reber (In-person & Zoom) 11am Yoga with Reber (In-person & Zoom) 1:30pm Participant Support Group (In-person & Zoom) 1:30pm Caregiver Support Group (In-person & Zoom) 4pm Sound Meditation with Mary (Zoom & FB Live) 5pm Meditation with Clare (Zoom) 6:30pm Lung Cancer Support Group (Zoom) 6:30pm Breast Cancer Support Group (Zoom)	21 10am READ Book Club (Hybrid - New Castle)
24 5pm Caregiver Support Group (In-person & Zoom) 6:00pm Blood Cancer Support Group (Zoom)	25 1pm Stage 4 Couch Support Group (Hybrid - New Castle) 1:30pm Poetry of Wellness (Zoom)	26 8am Walking Warrior (Rehoboth) 2pm Chair Yoga with Rita (FB Live)	27 Offices Closed 28 thankful Save the Date: 12/18/25 Holiday Celebration	